

An Infusion of Psychological Empowerment in Blended Learning Model: A New Approach Online Learning During Covid-19

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Abstract

Purpose – Due to the increased number of cases during the Covid-19 pandemic, governments around the world have shut down all educational facilities and organizations. Students and educators are forced to transform face-to-face learning into virtual classrooms in order to prevent the spread of the virus. However, online learning has places pressure on the students as they have to face the computer extensively. This has affected their psychological and mental health. Besides, mental and emotional may cause deterioration of an individual's physical health. Hence, blended learning is recommended online learning approach because it combines face-to-face and online learning while allowing for human interaction. Thus, this paper proposes a new approach to the blended learning method during the pandemic with the aim of overcoming mental health issues.

Method – The study used content analysis, comparative analysis, and expert review from the collection of data from past research and questionnaire. Content analysis is employed based on six major models of blended learning to identify issues and gaps and also to discover the element of psychological in blended learning. A comparative analysis from thirteen respondents to compare the suggested elements. Three experts from the counselling board and a technologist are appointed to review and validate the elements.

Findings – The results showed that the key element in applying blended learning is the psychological empowerment to overcome the accessibility, physical and psychological resilience among the students. The key element is infused in the blended learning model as a new approach model. The elements are formed into four major themes namely financial and BL infrastructure, resilience society, immersive environment, and accelerated skills and values.

Significance – The findings will contribute to the education society not only during online learning and the pandemic but also resolve issues involving mental health and negative emotions in many adolescents' social lives, especially during the process of learning.

Keywords: Blended learning, Mental health, Psychological empowerment.